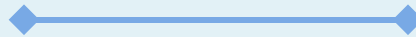
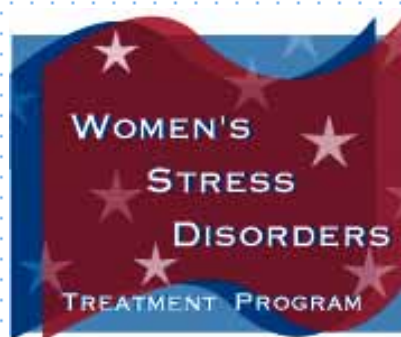


***Are you ready to
make a change?***



The quiz

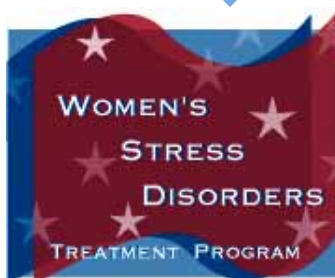


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***Here's a way to see
where you are in
the change process***

- ◆ Think about a problem you are having
- ◆ Write down the number of any of the statements that seem to describe what you are thinking or feeling about this problem
- ◆ Determine what stage of change you are in by seeing what stage your answers fall under



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***Ready? Here's
the quiz.***

- ◆ 1. I don't have any problems that need changing.
- ◆ 2. I think I could use some self-improvement
- ◆ 3. I am doing something about the problems that had been bothering me

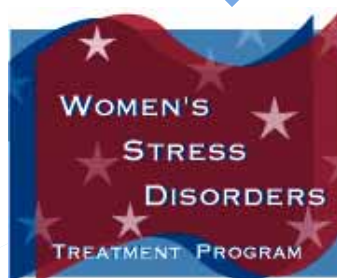


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***Are any of these true
for you?***

- ◆ 4. It might be worth working on my problem.
- ◆ 5. I'm not the problem one. I don't know why they think I should be here.
- ◆ 6. I'm afraid I'll backslide on a problem I've already changed, so I came here for some help.

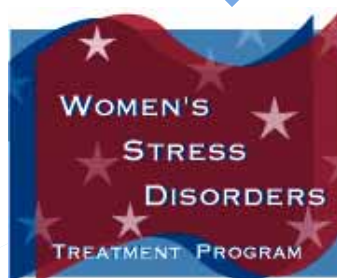


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Continued...

- ◆ 7. I am finally beginning to work on my problem.
- ◆ 8. I've been considering changing something about myself.
- ◆ 9. I have been able to work on my problem myself, but I'm not sure I can keep it up on my own.

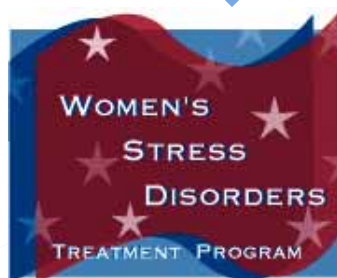


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Continued...

- ◆ 10. At times my problem is tough, but I'm working on it.
- ◆ 11. Coming to counseling is a big waste of time for me. This problem has nothing to do with me.
- ◆ 12. I'm hoping these people will help me to understand myself better.



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Continued...

- ◆ 13. I suppose I have faults, but there's nothing that I think I really need to change.
- ◆ 14. I am working hard to change.
- ◆ 15. I have a problem and I really think I should work on it.

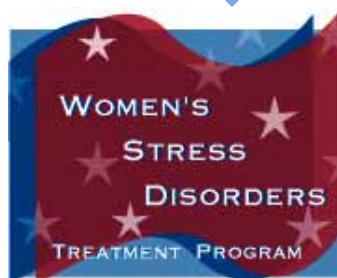


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Continued...

- ◆ 16. I haven't stuck with the changes I made as well as I thought I would. I'm here to make sure I don't have to go back to square one again.
- ◆ 17. Even though I don't always get it to work perfectly, I am at least working on my problem.

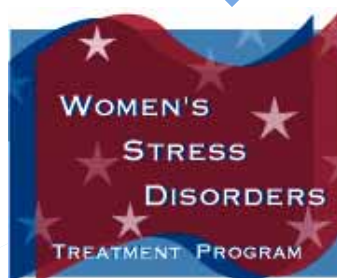


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Continued...

- ◆ 18. I thought once I had fixed the problem I would never have to deal with it again, but sometimes I still find myself face to face with it.
- ◆ 19. I wish I had more ideas on how to solve my problem.
- ◆ 20. I have started working on my problem but I would like some help.

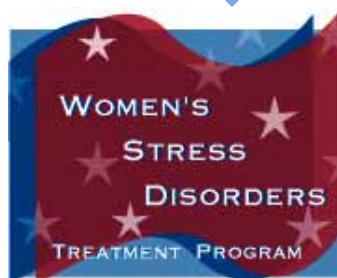


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Continued...

- ◆ 21. Maybe these people will be able to help me.
- ◆ 22. I may need some support right now to help me maintain the changes I've already made.
- ◆ 23. I may have some part in the problem, but I don't really think so.



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Continued...

- ◆ 24. I hope that someone here will have some good advice for me.
- ◆ 25. I'm not just talking about change, I'm actually doing something about it.
- ◆ 26. All this talk about counseling is a waste of time. Why can't people just get over their problems?

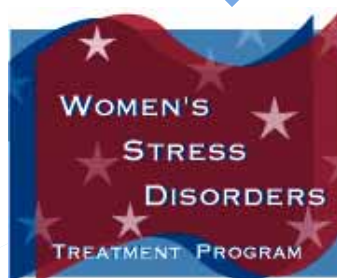


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Almost done...

- ◆ 27. I'm here to keep myself from finding myself back at the same place with my problem.
- ◆ 28. It is frustrating, because even though I thought I fixed it, I think my problem is cropping up again.
- ◆ 29. Sure I worry, but so does everyone. Why spend time thinking about it?



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Last ones...

- ◆ 30. I am taking steps to take care of my problem.
- ◆ 31. I'd rather just try to cope with my faults, not try to change them.
- ◆ 32. Even after all the progress I've made, every now and again the problem comes back to haunt me.

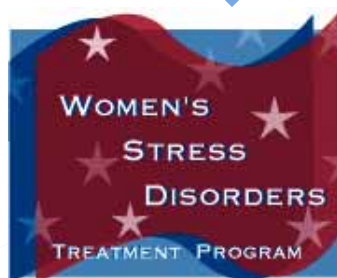


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Ready for the answers?

- ◆ Pre-contemplation: 1,5,11,13,26,29,31
- ◆ Contemplation: 2,4,8,15
- ◆ Preparation: 12,19,21,24
- ◆ Action: 3,7,10,14,17,20,25,30
- ◆ Maintenance: 6,9,16,18,22,27,28,32
- ◆ Termination

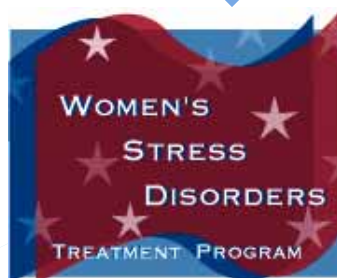


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What stage did you seem to be in?

- ◆ Think about where you are with any of the problems you may have in your life
- ◆ Allow yourself time to move through these stages, but *keep moving*



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